

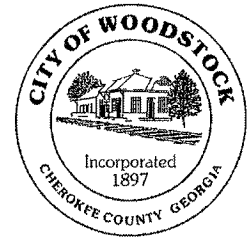
SENIOR MATTERS

WILLIAM G. LONG SENIOR CENTER

Woodstock Parks and Recreation

223 Arnold Mill Rd., Woodstock, GA 30188

Phone: 678-445-6518 Fax: 678-445-4351



July / August 2016

UPCOMING EVENTS

July

**July 4th
Parade
Festival—Fireworks**

**Center Closed
For the
4th of July**

August

**August 11th
White Water Rafting
On the Nantahala
River**



INSIDE

**Advisory
Council**

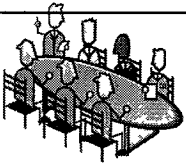
New Members

**Daily
Activities**

**July/August
Calendar,
Trip &
Activity
Details**

**Lotto Drawing
Instructions**

**Birthday
Luncheon for
May/June
Birthdays**



INSIDE THE CENTER

William G. Long Senior Center (WGLSC) Advisory Council

Advisory Council meets every other month at the Senior Center. The next meeting will be July 20, 2016 at 10:00am. A copy of the minutes of each meeting can be obtained from staff.

ADVISORY COUNCIL MEMBERS

Gloria LeVonne, President

E-Mail: glorialevonne@gmail.com

Nelson Quebedeaux, Vice President

E-Mail: nelsonq39@gmail.com

Tom Richardson, Secretary

E-Mail: richardsonthom@gmail.com

Delia Halverson

E-Mail: halversondelia@bellsouth.net

Evelyn Endsley

E-Mail: evelynendsley414@gmail.com

Dolores Setaro

E-Mail: dcsetaro@aol.com

Caryn Rosenberg

E-Mail: carynrose99@gmail.com

Notes from the staff

The new bus is here!

Just in case you haven't been to the center in awhile, we have finally gotten our new bus.

Our thanks to the City of Woodstock for supplying the new bus for the senior center's use.

Also, Please notice our newly refinished floors in the main room. They look beautiful!

Williams G. Long Senior Center Phone Number 678-445-6518

Preston Pooser, Director of Parks Recreation, ppooser@woodstockga.gov

Marybeth Stockdale Special Events Coordinator mstockdale@woodstockga.gov	Jan Masey Senior Center Coordinator jmasey@woodstockga.gov	Don Payne Recreation Services Assistant dpayne@woodstockga.gov	Heather Gaddis Administrative Assistant hgaddis@woodstockga.gov
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Welcome New Members



**Jo Rutledge
Shirley Smith
Dorothy Jones
JoAnne Agee
Nolan Brooks**

**Doreen Passarella
Ronald Deig
Barbara Kukas
Tina Roy
Victoria Wells**

**Kathleen McGillick
Barbara Sansone
Sharon Strong
Margaret Sullivan
Peter Enders**

**Robert Stratton
Janet Stratton
Ernie Baglietto
Sharon Cochran**



FOR YOUR INFORMATION

WHEN ENTERING OR LEAVING THE SENIOR CENTER PARKING LOT PLEASE SLOW DOWN. PEOPLE ARE BACKING OUT OF PARKING SPACES AND CROSSING THE PARKING LOT. WE WANT TO MAKE SURE ALL OUR MEMBERS ARE SAFE.

LOTTO TICKETS ARE DUE ON TUESDAY BEFORE LOTTO DAY TO BE INCLUDED IN THE WEDNESDAY LOTTO DRAWING. TICKETS TURNED IN AFTER TUESDAY WILL AUTOMATICALLY GO TO THE BOTTOM OF THE LIST OR WAIT LIST. ONLY FILL OUT ONE LOTTO SLIP PER TRIP. DUPLICATE ENTRIES WILL BE THROWN OUT. AND REMEMBER, ONLY TRIPS THAT GO BY BUS NEED LOTTO SLIPS FILLED OUT.

WHEN PAYING FOR TRIPS OR LUNCH IN CASH, PLEASE BRING THE CORRECT CHANGE. WE MAKE DEPOSITS DAILY AND DO NOT KEEP CHANGE IN THE OFFICE. BRINGING THE CORRECT AMOUNT MIGHT SAVE YOU A TRIP BACK TO THE CENTER TO MAKE YOUR PAYMENT. THANKS, JAN & DON

WE HAVE A M.U.S.T. MINISTRIES COLLECTION BARREL IN THE FRONT ENTRY. THEY ACCEPT ALL "CLEAN" CLOTHING, LINENS, AND NON PERISHABLE FOOD ITEMS. DONATIONS ARE TAX DEDUCTIBLE AND IF YOU LEAVE YOUR NAME, DELIA HALVERSON WILL MAKE SURE YOU GET A RECEIPT.

PLEASE BE CONSIDERATE OF OTHERS - DO NOT TAKE ANYTHING THAT DOES NOT BELONG TO YOU (THIS INCLUDES ITEMS IN THE REFRIGERATORS.) IF YOU FIND SOMETHING THAT HAS BEEN LEFT BEHIND, PLEASE TURN IT INTO THE OFFICE.

WHEN TRAVELING ON OUR BUS, PLEASE REMEMBER THAT YOU ARE TO SIT IN THE SAME SEAT FOR THE ENTIRE TRIP, BOTH GOING TO AND RETURNING FROM AN EVENT. WHEN YOU LEAVE THE BUS AND GET BACK ON, GO TO "YOUR" SEAT. THANK YOU!

Don't forget to check out our Senior Center Facebook Page for pictures of our trips & events and LIKE us! Find us at this web address:

<https://www.facebook.com/Woodstock.Senior.Center>





July 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10am Bowling 1:30 Bunko	2
3	4 Closed 4th OF JULY	5	6 10am Trip Comm. Meeting	7 7:45am Atlanta Motor Speedway Tour	8 12pm Lunch & Learn Woodstock/ Roswell Funeral Home	9
10	11 2pm Movie & Ice Cream "Concussion"	12 9am 1st DeKalb Farmers Market	13	14 9am 2nd DeKalb Farmers Market	15	16
17	18	19 11AM Lunch Bunch @ Rocco's in Jasper	20 10am Advisory Comm. Mtg.	21 8:30AM Medieval Times	22	23
24 ----- 31	25 12pm Lunch & Learn Neurosport	26 8:30am Wrens Nest	27	28	29 12pm Lunch & Learn Neptune Society	30

Wednesday Lunches: At 12:00 Noon unless otherwise noted. Cost is \$5.00 - \$7.00 cash per person prepaid by the Friday before the lunch. Menus posted by the kitchen — sign up in the office.

July 6th \$6.00 Kani House Chicken Fried Rice Salad & Desert Drink	July 13th \$6.00 Salad Mania-Choice of 2 - Chicken, Tuna, or Egg Salad Strawberry Shortcake Croissant & Drink	July 20th \$6.50 Honey Baked Turkey Sandwiches Chips & Cookie Drink	July 28th \$5.50 Grilled Hamburgers Slaw & Beans Chips & Dessert Drink	
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July Activity and Trip Details



JULY 1ST - 10AM - BOWLING AT STARS & STRIKES - LETS GO BOWLING FOR FUN AND EXERCISE. COST IS \$5.00 FOR 2 HOURS OF BOWLING (PAID AT THE DOOR). THE SIGN UP SHEET WILL BE ON THE BOARD.

JULY 1ST - 1:30 - BUNKO

JULY 4TH - CENTER CLOSED FOR INDEPENDENCE DAY

JULY 7TH - 7:45AM - TOUR OF THE ATLANTA MOTOR SPEEDWAY - JOIN US FOR A TOUR OF THE PREMIERE RACING FACILITY IN HAMPTON, GA. THE TOUR WILL INCLUDE A BRIEF TRACK HISTORY, A VISIT TO PETTY GARDENS, A SNEAK PEEK AT THE GARAGE & VICTORY LANE, AND IF POSSIBLE, 2 LAPS IN THE SPEEDWAY VAN AROUND THE 1.54 MILE TRACK. COST IS \$8.00 PER PERSON, PREPAID BY 7/1/16. BRING MONEY FOR LUNCH AT OAKWOOD CAFÉ AT THE FARMERS MKT. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 7:45AM.

JULY 8TH - 12PM - LUNCH & LEARN - PRESENTED BY WOODSTOCK/ROSWELL FUNERAL HOME - JOIN US FOR AN INFORMATIVE PROGRAM ON THE BENEFITS OF PREPLANNING FUNERAL ARRANGEMENTS. LUNCH WILL BE SERVED AND THE COST IS FREE. THE SIGN UP SHEET WILL BE ON THE BOARD.

JULY 11TH - 2PM - MOVIE & ICE CREAM - "CONCUSSION" - STARRING WILL SMITH, ALEC BALDWIN, ALBERT BROOKS, DAVID MORSE AND LUKE WILSON.

JULY 12TH - 9AM - 1ST DEKALB FARMERS MARKET IN DECATUR - SHOP FOR FARM FRESH PRODUCE, MEATS, CHEESES, AND FRESH BAKED BREADS. COST IS FREE. PLEASE INDICATE ON THE LOTTO SLIP WHICH TRIP YOU ARE SIGNING UP FOR. BRING MONEY FOR LUNCH AT THE MARKET RESTAURANT. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 9AM.

JULY 14TH - 9AM - 2ND DEKALB FARMERS MARKET - PLEASE INDICATE ON THE LOTTO SLIP WHICH TRIP YOU ARE SIGNING UP FOR. PLEASE DO NOT SIGN UP FOR BOTH TRIPS UNLESS YOU PLAN TO GO ON BOTH. COST IS FREE. BRING MONEY FOR LUNCH AT THE MARKET RESTAURANT. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 9AM.

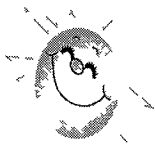
JULY 19TH - 11AM - LUNCH BUNCH AT "ROCCO'S IN JASPER, GA. PRICES START AT \$7.00 UP AND INCLUDES SALADS, BURGERS, CHICKEN AND MORE. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 11AM.

JULY 21ST - 8:30AM - MEDIEVAL TIMES AT DISCOVERY MILLS - COST IS \$26 PER PERSON, PREPAID BY JULY 5TH. SEE JOUSTING KNIGHTS WHILE YOU FEAST ON A FOUR COURSE MEAL FIT FOR A KING. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 8:30AM.

JULY 25TH - 12PM - LUNCH AND LEARN - PRESENTED BY NEUROSPORT PHYSICAL THERAPY - LEARN TO BE FUNCTIONALLY FIT WITH THE 6 FUNDAMENTAL MOVEMENTS : PUSH, PULL, SQUAT, HINGE, BEND, AND ROTATE. LUNCH WILL BE SERVED AND THE COST IS FREE. THERE WILL BE A LIMIT TO THE FIRST 25 WHO SIGN UP. THE SIGN UP SHEET WILL BE ON THE BOARD.

JULY 26TH - 8:30AM - WRENS NEST IN ATLANTA-ENJOY A TOUR OF JOEL CHANDLER HARRIS HOME AND SEE THE FRONT PORCH HE PENNED MOST OF THE UNCLE REMUS AND BRER RABBITT STORIES. THEN ENJOY TALES FROM THE STORY TELLER WHILE WE ARE THERE. COST IS \$14 PER PERSON, PREPAID BY JUNE 17TH. BRING MONEY FOR LUNCH AT Q-TIME RESTAURANT JUST A BLOCK AWAY. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 8:30AM.

JULY 29TH - 12PM - LUNCH & LEARN - PRESENTED BY THE NEPTUNE SOCIETY - LEARN THE DIFFERENCE BETWEEN PREPLANNING AND AT NEED SERVICES - HOW TO PROTECT LOVED ONES FROM BEING TAKEN ADVANTAGE OF AND THE DIFFERENCE BETWEEN TRADITIONAL BURIAL AND CREMATION. LUNCH WILL BE SERVED AND THE COST IS FREE. THE SIGN UP SHEET WILL BE ON THE BOARD AND WILL BE LIMITED TO THE FIRST 25 WHO SIGN UP.



August 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 9:30am Tenn. River Gorge Explorer	3	4 9:30am Chihuly Exhibit at the Atlanta Botanical Gardens	5 10am Bowling 1:30pm Bunko	6
7	8 2pm Movie & Ice Cream "The Revenant"	9 8:15am Tour of the Georgia Dome	10	11 9am White Water Rafting	12	13
14	15	16	17 Lotto Day	18	19	20
21	22	23 7:30am Ga. Aquarium & World of Coke	24	25 11:15 Lunch Bunch Marietta Fish Market	26 9am Driver Safety Class	27
28	29	30 7:30AM Zip Lining at Banning Mills	31			
Wednesday Lunches: At 12:00 Noon unless otherwise noted. Cost is \$5.00 - \$7.00 cash per person prepaid by the Friday before the lunch. Menus posted by the kitchen — sign up in the office. (prices and menu are subject to change)						
Aug.3rd \$6.50 Buffalos Kick'n Chicken Wrap Slaw & Chips Dessert & Drink	Aug 10th \$5.00 Grilled Hot Dogs Slaw & Beans Chips Dessert & Drink	Aug. 17 \$5.50 Chick-fil-A Sandwich Chips & Cookie Drink 6	Aug. 24th \$6.00 JD'S BBQ BBQ Sandwich Chips & Slaw Dessert & Drink	Aug.31st \$5.50 Ham, Turkey, Cheese Subs. with all the fixin's Chips & Dessert Drink		



August Trips and Activity Details



AUGUST 2ND - 9:30AM - TENNESSEE RIVER GORGE - ENJOY A 2 HOUR HIGH SPEED CATAMARAN RIDE ON THE BEAUTIFUL TENNESSEE RIVER. INSIDE AIR CONDITIONED SEATING FOR HIGH SPEEDS, AND OUT-SIDE AREA FOR SLOWER SPEEDS. COST IS \$35 PER PERSON, PREPAID BY JULY 5TH. BRING MONEY FOR LUNCH AT THE BIG RIVER GRILLE. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 9:30AM.

AUGUST 4TH - 9:30AM - CHIHULY GLASS EXHIBIT AT THE ATLANTA BOTANICAL GARDENS - ENJOY A GUIDED TOUR THRU THE AMAZING CHIHULY GLASS EXHIBIT ALONG WITH ALL THE AMAZING PLANTS AT THE BOTANICAL GARDENS. THE COST IS \$25 PER PERSON, PREPAID BY JUNE 20TH. BRING MONEY FOR LUNCH AT BAHAMA BREEZE. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 9:30AM.

AUGUST 5TH—10AM—BOWLING AT STARS & STRIKES—LET'S GO BOWLING FOR FUN AND EXERCIE. COST IS \$5.00 FOR 2 HOURS OF BOWLING (PAID AT THE DOOR). THE SIGN UP SHEET WILL BE ON THE BOARD.

AUGUST 5TH - 1:30 - BUNKO

AUGUST 8TH - 2:00 - MOVIE AND ICE CREAM - "THE REVENANT" STARRING LEONARDO DECAPRIO, TOM HARDY AND WILL POULTER.

AUGUST 9TH - 8:15AM - TOUR OF THE GEORGIA DOME - SEE THE OBSERVATORY DECK, PRESS BOX, SUITES, GO DOWN TO THE PLAYING FIELD, AND THE LOCKER ROOM. COST IS \$5 PER PERSON, PREPAID BY JULY 28TH. BRING MONEY FOR LUNCH AT PACIFIC SPICE. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 8:15AM.

AUGUST 11TH - 9AM - WHITE WATER RAFTING ON THE NANTAHALA RIVER - A GUIDED RAFTING TRIP DOWN THE BEAUTIFUL NANTAHALA RIVER. COST IS \$57 PER PERSON, PREPAID BY JUNE 20TH. BRING MONEY FOR LUNCH AT ONE OF THE MANY RESTURANTS THERE BEFORE WE GET ON THE RIVER. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 9AM AND WILL RETURN APPROX. 8PM.

AUGUST 17TH - 12PM - LOTTO DAY - ENJOY A CHICK FIL A BOX LUNCH AT 12PM (\$5.50 PREPAID BY THE FRIDAY BEFORE) AND STAY FOR LOTTO AT 1PM TO SEE IF YOU GOT ON YOUR FAVORITE TRIP

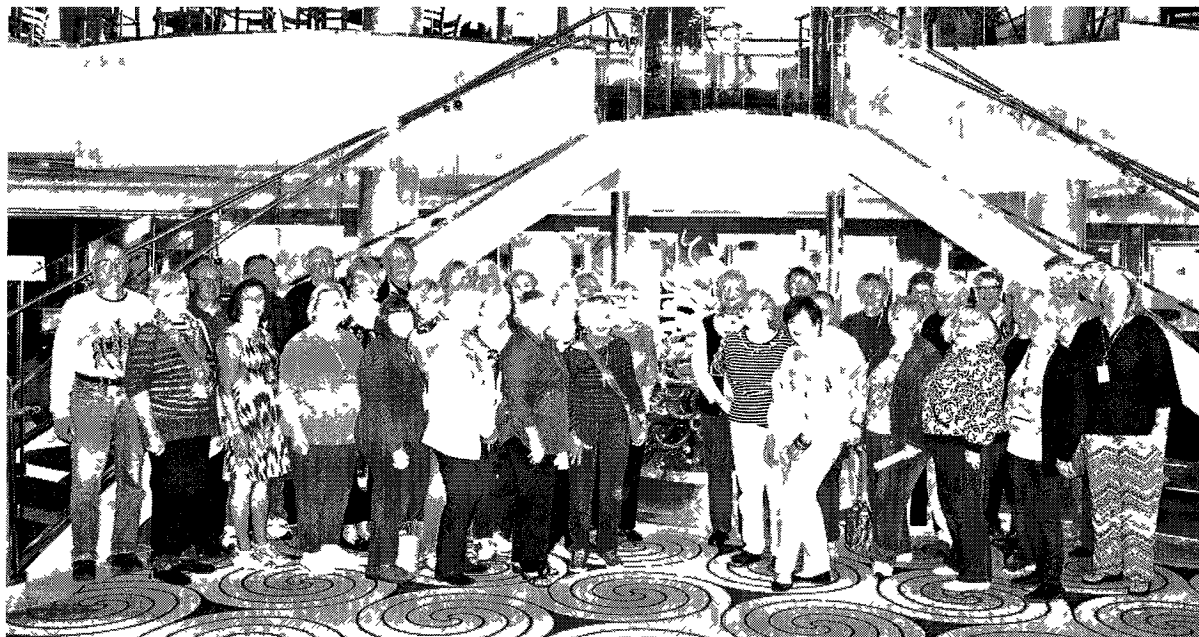
AUGUST 23RD - 7:30AM - THE GEORGIA AQUARIUM AND THE WORLD OF COKE - SEE BOTH VENUES AND INCLUDES LUNCH FOR ONE LOW PRICE. COST IS \$53 PER PERSON, PREPAID BY JUNE 17TH. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 7:30AM.

AUGUST 25TH - 11:15AM - LUNCH BUNCH AT THE MARIETTA FISH MARKET - PRICES START AT \$6.95 UP. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 11:15AM.

AUGUST 26TH - 9AM - DRIVERS SAFETY CLASS - CALL PAUL GALANEK AT 770-591-9347 FOR RESERVATIONS.

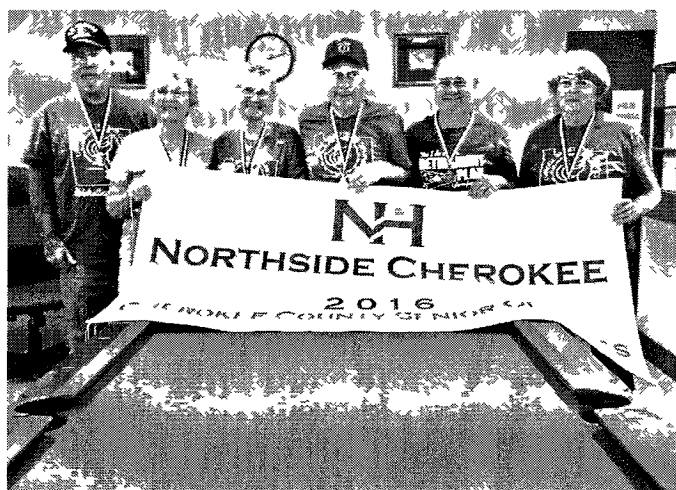
AUGUST 30TH - 7:30AM - ZIP LINING AT BANNING MILLS IN SHARPSBURG, GA. - SOAR THRU THE TREES ON THE LEVEL ONE ZIP LINE. THERE IS A WEIGHT LIMIT OF 250 FOR WOMEN AND 285 FOR MEN. MUST BE ABLE TO CLIMB STAIRS TO DO THIS ACTIVITY. COST IS \$48.00 PER PERSON, PREPAID BY JUNE 16TH. BRING MONEY FOR LUNCH AT RED ROBIN IN COLUMBUS, THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 7:30AM.

Seniors in Action!



Alaskan Cruise 2016

Everyone
enjoyed
themselves
and
had a fun
cruise.



**Cherokee County Senior Olympics
Billiards Medalists**



**Cherokee County Senior Olympics
Wii Bowling Medalists**

Bus Fee

The round trip mileage to and from the scheduled event(s) determines the per-person bus fee.

The fee schedule is as follows:

0 - 50 Miles:	\$1.00
51 - 100 Miles:	\$2.00
101 - 200 Miles:	\$3.00
Over 200 Miles:	\$4.00



Seniors in Action!



Our New Bus!



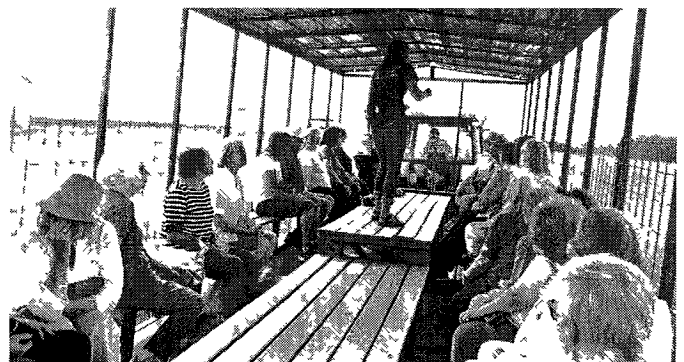
Mother's Day Luncheon



Sawnee Mountain Hike



Senior Picnic 2016



**Jaemor farms Tour
& Strawberry Picking!**

Making our kids jealous with all of the fun we're having!

Lancaster Pennsylvania and the Dutch Country

Sunday, October 2nd - Saturday, October 8th, 2016

Join us as we travel via motor coach to the Pennsylvania Dutch Country. This seven day, six night trip includes motor coach transportation, eleven meals, six nights of hotel stay, a luncheon cruise aboard the Spirit of Philadelphia, Musical shows, a guided tour of Lancaster, and more.....

Cost is \$638.00 per person, based on double occupancy. A \$75.00 deposit is due upon signing up and the balance is due on or before Tuesday, July 26th, 2016.

Flyers are available at the Senior Center. See Jan or Don with any questions.

Beginning / Refresher Bridge Class

Learn the basics of Bridge! This class is held on Wednesdays from 1:30pm until 3:03pm. The class size is limited to a maximum of 8 students to offer the best learning environment. This class is for beginners or those that need to refresh their skills. This is a free class. Ruth Petherick is volunteering her time as the instructor.

The next set of classes will begin Sept. 7, 2016.

Beginning / Refresher Mahjongg Class

Learn the basics of Mahjongg! This class is held on Tuesdays from 2:00pm until 4:00pm. The class size is limited to a maximum of 8 students to offer the best learning environment. This class is for beginners or those that need to refresh their skills. This is a free class. Mary Beth Watkins is volunteering her time as the instructor.

The next set of classes will begin Sept. 6, 2016.



AARP SMART DRIVER COURSE

At the William G. Long Senior Center

Call Paul Galanek at

770-591-9347

**for details and reservations
for the Aug. 26, 2016 Class.**

9:00am to 4:00pm

Cost: AARP MEMBERS - \$15.00

NON AARP Members - \$20.00

Seats are limited

BRIGHT BEGINNINGS WEIGHT LOSS SUPPORT GROUP

**Meets on Thursday mornings
at the Senior Center**

**Weigh in is from 9:15 - 9:30am
Meeting starts at 9:30am**

**For more information,
contact**

**Rose Beauchamp @
sweetmaria1956@yahoo.com
or at 770-517-3799**

DAILY ACTIVITIES

Monday

- 9:00am - Billiards, Card Games, Chip Poker
- 10:00am - Line Dancing with Gayle Bautz
- 10:00am - Mahjongg
- 1:00pm - Chair Dancing with Gayle Bautz

Tuesday

- 9:00am - Hand & Foot, Bridge, Canasta, Pinochle
- 9:00am - Ladies Billiards
- 3:00pm - Wii Bowling

Wednesday

- 9:00am - Billiards, Card Games, Woodcarving
- 10:00am - Euchre
- 10:00am - Mahjongg
- 11:00am - Scrabble

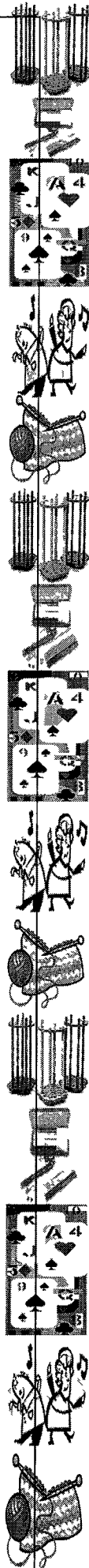
Thursday

- 9:00am - Chip Poker, Dominos, Card Games
- 9:30am - Weight Loss Group with Rose Beauchamp
- 10:00am - Line Dancing with Gayle Bautz
- 11:30am - Nimble Fingers

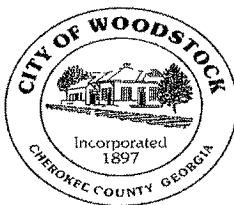
Friday

- 9:00am - Billiards, Hand & Foot
- 9:00am - Pinochle
- 10:00am - Mahjongg, Rummikub
- 1:00pm - Euchre

**** All activities/times are subject to change...**



Wm. G. Long Senior Center
Woodstock Parks and Recreation Dept.
223 Arnold Mill Rd.
Woodstock, GA 30188



Standard
U.S. Postage Pd.
Woodstock, GA 30188
Permit No. 171

★ **Please refer to the date on the mailing label above for your membership date.** ★
★ **Your renewal membership is due one year from this date.** ★

Lotto Drawing Instructions for Trips

In order for all our members to have an equal chance to go on the trips we offer, selection is done by a lotto drawing process. A lotto ticket is filled out by each member and given to a staff person prior to lotto day, which is listed on the calendar sent in the mail. On lotto day a separate drawing is done for each trip. The bus will hold 28 people therefore the first 28 names that are drawn are guaranteed a seat on the bus. If more than 28 have signed up for that trip, the remainder will go on a waiting list in the order they were drawn. After the lotto is completed, staff will post a list of trips with the members listed who were drawn for each trip including those drawn for the waiting list. Lotto tickets can be picked up anytime at the Senior Center.

YOUR MEMBERSHIP MUST BE CURRENT
BEFORE YOU SIGN UP FOR ANY TRIPS!

Only trips that go on the bus need lotto slips filled out!
All others will be sign-up sheets and will be on the board the day after lotto.